

Ideas for working with children via tele-mental health

Creating tele -play therapy:

1. Essential Materials-

- puppets and dolls to assist w/ modeling and processing.
- Art supplies-parents will need to supply for child; clinician has own supply in office (e.g. paper, crayons, markers, scissors, glue)
- Having parent setup child's toys for the session
- Obtaining permission from parent to use appropriate YouTube links
- Pets who would have otherwise not have been able to be present in session to provide comfort/support/window into child's attachments
- Family photos/albums that parent can help setup for appointment
- Child's previous artwork in the home that parent can make available during session.
- Parent approved music that can be used during session

2. Tele-Play Therapy Interventions

- Puppet play and modeling of social skills and processing quarantine
- Creation of own Mandala (use of paper plate for mandala creation; mandala art can represent any emotion or situation symbolically or realistically)
- Creation of inside/outside masks (child and clinician can create masks w/ use of paper plates to represent the "inside" or the internal representation of how they view the self and the "outside" or the external representation of how others may perceive them). For younger children, masks can be created to represent different emotions they may be feeling.
- Creating of various genograms (a "friends/peer" genogram vs family genogram) with older children
- Enter the child's world by having them show you meaningful toys or items in their room. Use of reflections, behavior descriptions, and psychodynamic interpretation of these items as it relates to their attachments and history.
- Use of music and dance to represent emotions
- Use of Cinema Therapy for children and adolescents

3. Parent Work/Interventions

- Use of PCIT (parent child interactive therapy) skills to assist parents who are spending more time with their children due to the quarantine. This includes providing psycho education on how to

use reflections, behavior descriptions, and labeled praising with their child when playing with them.

- Development of House Rules board with child present-new house rules may need to be established due to quarantine. Parent and child can decorate this and display in home.
- Assist in development of token economy/behavior modification plan for child
- Help parent and child organize their day to maintain consistency (to include school work time and special time with parent).
- Have family/parent-child create “Boat, Lighthouse, Storm” drawing together (e.g. tell family to collaboratively draw a scene that will include a boat, a lighthouse, and a storm. Once created, they will be asked to tell a story about this scene together).

4. Links for parents/clinicians

- YouTube- Developing Emotional Intelligence by Mind Tools
- <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>
- <https://synergeticplaytherapy.com/podcasts>
- YouTube- Inside Out: Guessing the feelings by Laia Garcia
- YouTube- Guess and Learn Emotions and feelings for kids by Kreative Leadership
- Training in Play Therapy- <https://www.a4pt.org>
- <https://www.nami.org/Blogs/NAMI-Blog/November-2017/Telehealth-Transforming-Child-Mental-Health-Care>
- Zur Institute- CEU in Cinema Therapy with Children and Adolescents
- <https://pcit-training.com/>
- <http://www.pcit.org/>

5. Suggestions for parents to do with their children during the quarantine

- Build a fort
- Make sensory bins
- Board games
- Cooking contest using only the items in your pantry
- Make a scrapbook
- Use tape or red yarn to create a "laser" obstacle course
- Homemade play dough/slime
- Write letters to elderly in homes who cannot have visitors
- Take virtual field trips (see below links for virtual trips)
 - San Diego Zoo Virtual Trip: <https://kids.sandiegozoo.org/>

-Yellow Stone National Park:

[https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.
htm](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm)

-Explore Mars with the Mars Rover:

<https://accessmars.withgoogle.com/>

-Monterey Bay Live Cam:

<https://www.montereybayaquarium.org/animals/live-cams>

-Panda Cam at the Atlanta Zoo:

<https://zooatlanta.org/panda-cam/>

-Live Cam of Beluga Whales at the Georgia Aquarium:

[https://www.georgiaaquarium.org/webcam/beluga-whale-
webcam/](https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/)

-Virtual Tour of the Louvre in Paris-

<https://www.louvre.fr/en/visites-en-ligne>